

hymens have very few blood vessels and may not even bleed when torn

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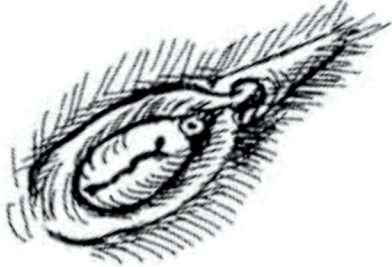
hymens don't necessarily break when something is inserted into the vagina

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and they can break without any vaginal insertion: through injury, or masturbation, etc.

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mine was like this - did you ever look at yours?



hymens change in size, shape, and flexibility across a woman's lifespan

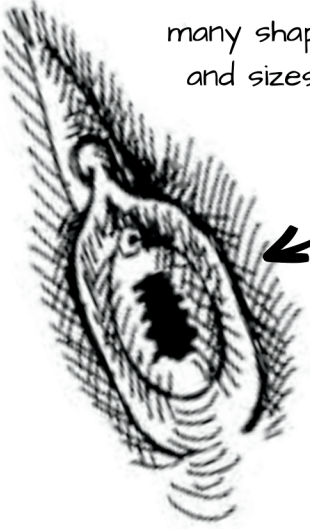
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HYMEN FACTS!

hymens come in many shapes and sizes!

the hymen will often tear during the first vaginal birth

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there is no universal definition of the term "virginity" - its meaning varies by era, culture, and religion

3



the term "intact hymen" has no anatomical correlate and should not be used

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clinicians are not trained or educated on the complexities of the hymen

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Sources (Full Listing)

1. Mishori R, Ferdowsian H, Naimer K, et al. The little tissue that couldn't – dispelling myths about the Hymen's role in determining sexual history and assault. *Reprod Health* 2019
2. Frye, Anne, qtd in Stephanie Tillman "14 Things You Never Knew about the Hymenal Ring." *Feminist Midwife*, 7 Jan. 2013, www.feministmidwife.com/2013/01/07/14-things-you-never-knew-about-the-hymenal-ring/.
3. "Eliminating virginity testing: an interagency statement." Geneva: World Health Organization; 2018
4. Reimer, Nina. "Variations in Hymens." "What Exactly Is a Hymen?," *Our Bodies Ourselves*, 14 Dec. 2008, www.ourbodiesourselves.org/book-excerpts/health-article/what-exactly-is-a-hymen/.